

L5

Bullying is...

BULLYING...

BULLYING:

	YES	NO
Is persistent – not an isolated incident		
Causes deep offence and hurt		
Is seen as wrong or a big issue by the bully		
Relies on the victim not telling		
Is natural and part of growing up		
Can be verbal as well as physical		
Preys on perceived weakness		
Is carried out by an individual		
Is often inflicted by a group		
Is the result of the bully being bullied before		
Is difficult to stop		
Is based on fear of retaliation by the bully		
Is often racially or culturally motivated		
Makes the victim feel isolated		
Is brought on by the victim him/her self		
Is simply survival of the fittest		
Is a result of a victim not fitting in with the crowd		
Is something we all should be able to deal with		
Happens only at school		
Is best resolved by hitting back		
Is wrong		

L5

Bullied or Bully

WHY DO SOME PEOPLE BULLY?

	YES	NO
To get a feeling of power		
To gain attention – or material gain		
To feel part of the group by picking on the outsider		
They feel forced to by peer pressure		
They regard it as normal and part of growing up		
It's fun – get excitement from fear in others		
They feel the victim deserves it		
It compensates for lack of personal success		
It lets off anger on other issues		
They don't recognise that it does any real harm		

Have you ever been bullied or have bullied someone else?

If you feel able write down what happened in this box. There will be no need to share this if you don't want to.

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